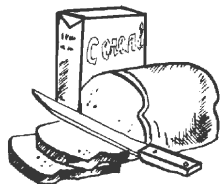


What is a Child-Size Portion?



Grains

1 slice bread or tortilla
 ½ cup rice or pasta
 ½ cup cooked cereal
 ½ cup dry cereal
 3 to 4 small crackers



Vegetables

½ cup raw or cooked vegetables



Fruits

¾ cup fruit juice
 1 small fruit or ½ cup

Milk

1 cup fat reduced milk
 ½ cup yogurt
 1 ½ slices cheese
 ½ cup ice cream
 ½ cup frozen yogurt
 ½ cup pudding
 ½ cup cottage cheese



Meat

2 ounces meat, poultry, or fish
 2 eggs
 ½ cup cooked beans or peas
 2 tablespoons peanut butter



If your child gets thirsty in between meals and snacks, offer water instead of juice, milk, Kool Aid, sports drinks, or carbonated drinks.

Your Child's

Guide to Healthy Eating and Physical Activity

GRAINS

At least half of grains should be whole grains

4 to 6 ounces a day

1 ounce is equal to:
 1 cup ready to eat cereal
 ½ cup cooked cereal
 ½ cup cooked rice or pasta
 1 small biscuit or muffin
 1 slice bread
 1 roll
 7 crackers
 1 small piece cornbread
 1 pancake
 1 flour or corn tortilla (6 inches)

VEGGIES

Go for the colors

1 ½ to 2 ½ cups a day

1 cup is equal to:
 1 cup raw, cooked, or vegetable juice
 2 cups raw leafy vegetable

FRUITS

Choose from fresh, frozen, dried or canned

1 to 2 cups a day

1 cup is equal to:
 1 cup fruit or 100% fruit juice
 ½ cup dried fruit
 ½ cup is equal to:
 1 small fruit

LIMIT FRUIT JUICE TO ½ TO ¾ CUP A DAY

MILK

Feed your child's bones high calcium foods

3 cups a day

1 cup is equal to:
 1 cup fat reduced milk
 1 cup yogurt
 1 ½ cups ice cream
 1 ½ ounces hard cheeses
 2 ounces American cheese
 2 cups cottage cheese
 1 cup pudding
 1 cup frozen yogurt

Fat reduced milk and fat reduced milk products are best

MEAT/ BEANS

Go lean

3 to 5 ½ ounces a day

1 ounce is equal to:
 1 ounce cooked meat, fish, or poultry
 1 egg
 ¼ cup cooked dry beans/peas
 1 tablespoon peanut butter

FATS/ SWEETS

Go lightly

4 to 6 teaspoons of fat

1 teaspoon is equal to:
 1 teaspoon margarine or vegetable oil (canola or olive oil best) or mayonnaise
 2 teaspoons salad dressings

Go lightly on sugars and sweets like cake, candy, pie, cookies because of extra calories and little nutrition

BALANCE FOOD/ PHYSICAL ACTIVITY

Your child needs to be physically active for 60 minutes most days of the week.

The amount of food your child needs is based on age/ girl or boy, and how active he/she is each

These are general recommendations. Talk with your nutritionist about your child's needs.



Sample Menu

Breakfast

1 cup fat reduced milk (use $\frac{1}{4}$ in cereal)
 $\frac{1}{2}$ cup dry cereal
1 small banana

Snack

$\frac{3}{4}$ cup orange juice
3 graham crackers

Lunch

1 tuna sandwich on whole wheat bread
2 slices tomato
 $\frac{1}{2}$ cup sliced apples
1 cup fat reduced milk

Snack

1 tablespoon peanut butter on 1 slice of whole wheat toast.
4 to 5 carrot sticks
 $\frac{3}{4}$ cup water

Supper

2 ounces baked chicken
 $\frac{1}{2}$ cup green beans
 $\frac{1}{2}$ cup potatoes
1 whole wheat roll
1 cup fat reduced milk

Tips for Feeding Your Child

Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.

- Children like eating with the family and want to eat what you eat. Set a good example for your child.
- Let your child's appetite be your guide because your child's appetite may vary day to day. Don't force your child to eat.
- Children need healthy snacks between meals.
- Tastes change, and foods once refused may later be accepted. Keep offering different foods to your child.
- Your child may want to eat the same foods for several days. Don't worry, this is normal behavior for this age.
- Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped to prepare.
- Active play and exercise should be encouraged every day. This helps your child grow in a healthy way.

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For Your Child Foods 4 to 8 Years



Tips For

